



WIPE ME DOWN!

Cleaning & Disinfecting Recommendations for CORONAVIRUS PROTECTION (COVID-19)

The spread of coronavirus occurs most commonly through respiratory droplets. However, current evidence shows that COVID-19 may remain viable for hours to days on surfaces made from a variety of materials. Cleaning of visibly dirty surfaces followed by disinfecting is the best way to prevent viruses such as COVID-19 and other viral respiratory illnesses, from being spread by touching household or community surfaces.

CLEANING refers to the removal of germs, dirt, and impurities from surfaces. Cleaning does not kill germs, but by removing them, it lowers their numbers and the risk of spreading germs.

DISINFECTING refers to using chemicals to kill germs on surfaces. This process does not necessarily clean dirty surfaces, but by killing germs on a surface after cleaning, it can lower the risk of spreading the germs or even infection.

Clean and disinfect high-touch surfaces daily in household common areas (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks, etc.).



HOW TO CLEAN & DISINFECT: Surfaces

- Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be thrown away after each cleaning. If reusable gloves are used, those gloves should be used for cleaning and disinfection of surfaces for COVID-19 only and should not be used for other purposes. Consult the manufacturer's instructions for cleaning and disinfection products used. Clean hands immediately after gloves are removed.
- If surfaces are dirty, they should be cleaned using a detergent or soap and water first.
- For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.

Diluted household bleach solutions can be used if appropriate for the surface. Prepare a bleach solution by mixing:

- * 5 tablespoons (1/3rd cup) bleach per gallon of water or...
- * 4 teaspoons bleach per quart of water

- For soft (porous) surfaces such as carpeted floors, rugs, and drapes, remove visible contamination, if present, and clean with appropriate cleaners indicated for use on these surfaces.

Clothing

- Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely.

BE SAFE!

And ensure that in addition to taking care of yourself, take care of your surroundings.



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